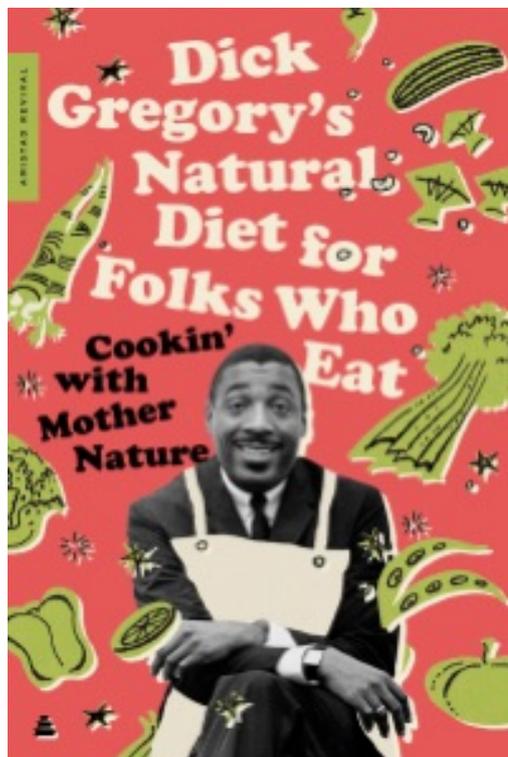


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Gregory argues that how you treat yourself and your body reflects how you treat others. He discusses various fasts and the ones he's done for both political and health reasons, hunger in America, navy beans, and how Americans are changing the way they eat—the beginning of a movement in the 1970s that is still felt today. He offers suggestions on diets to help you gain or lose pounds and offers advice on natural substitutes for favorite alcoholic drinks. You are what you eat—with *Dick Gregory's Natural Diet for Folks Who Eat* you can laugh your way to better health.

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